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United States Department of Agriculture
Extension Service,
Division of Cooperative Extension,

RECOMMENDATIONS FOR ORGANIZATION OF NUTRITION WORK
IN THE EASTERN STATES *

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- I. From one-fourth to one-half of the farm children in many areas of the Eastern States have serious health defects related to poor nutrition such as underweight, decayed teeth, susceptibility to tuberculosis, low resistance to other diseases. We believe that this problem demands immediate attention; that special emphasis should be placed on extension programs helpful to young mothers including home visits, special study groups, service letters, radio, exhibits, cooperative work in clinics and with school agencies.
- II. Since a knowledge of local health conditions and food habits is fundamental to a successful nutrition program, this information needs to be obtained as a basis for a program undertaken in any community. Have experienced local leaders in extension work and older 4-H club members assist in assembling such information.
- III. Extension workers should cooperate with other agencies in the community concerned in health and nutrition in order to coordinate effort. Where possible, help to establish an advisory nutrition and health council made up of representatives of educational agencies, medical and dental associations, relief and social-welfare organizations.
- IV. Since family problems in nutrition are problems of income, production, management, food habits, food prejudices, food selection and preparation, use the "family approach" in setting up a nutrition program.
- V. Specifically, a nutrition program may be made effective by the following means:

In the State

1. A nutrition and health council, members of which shall be representatives of health, educational, medical, and dental agencies, social-welfare and relief organizations, extension service.
2. Frequent conferences between extension home economists, agricultural economists, gardening, dairying, and poultry specialists, in order that each shall be aware of opportunities for cooperation in the nutrition and health program.

* Adopted by State home demonstration leaders and nutrition specialists at the Eastern States Extension Conference, New York City, February 21, 1935.

In the county and community

1. A nutrition and health council, involving educational and social agencies, medical and dental organizations.
2. A council of extension staff members in agriculture, home economics, and 4-H club, and their advisory boards.
3. Giving added training and greater responsibilities to successful volunteer leaders in extension work who may supplement the agents' work in such activities as visits to homemakers with young children, giving subject matter at group meetings, participating in clinics and radio programs.
4. Making greater use of service letters, radio, circulars, exhibits, and home demonstrations.
5. Planning related extension projects so that they may make the greatest possible contributions to the nutrition program.

Recommendations submitted by committee,

Caroline Morton, New York, Chairman,
Venia Kellar, Maryland, Secretary.



